

## Director's Message

Dear OC Health Care Agency (HCA) Team,

This is one of the most difficult messages I've ever sent to you. I'm filled with incredible joy for each and every one of you and what we've accomplished since I joined the OC Health Care Agency (HCA) in May 2020, nearly 3 years ago to the month. You can and should be proud of all we've done to serve our wonderful community during the most stressful and difficult health challenge of any time. You are part of a wonderful team and it has been an honor to lead such an Agency.

At the same time, it does hurt to leave a job that I desired to have.

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## FEATURED ARTICLES

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## Peer-to-Peer

# José Valdez

"I see my role as an educator within my team and to my business partners. I also see my role as a dependable lead who can be trusted to resolve complex or sensitive situations." Peer-to-Peer recipient **José Valdez** said he enjoys the many opportunities he's presented with as an Environmental Health Specialist III in the Environmental Health Division (EH). "I'm motivated by the opportunity that this role offers to continuously learn, problem solve, team build, network and collaborate."

José joined the HCA nearly seven years ago after working in the food industry and in vector control with San Bernardino County Environmental Health. In addition to the opportunities, José said there is clear purpose in what he and his EH colleagues do. "Our work is meaningful because we help ensure that food offered to the public is safe. Our line of work affects the young, elderly, healthiest and most vulnerable members of the public."

Public safety is the focus of his work said José. It's a focus that includes various aspects whether serving the public or EH teammates.

"The most enjoyable part of my job is seeing my teammates develop

... continued on page 3



## Director's Message

*continued from page 1*

I remember hearing the pleas of some of our neighbors as they were seeking help and guidance at the start of the pandemic. I knew then I wanted to be a part of the HCA and lead Orange County (OC) through this. In my first Director's Message to you, which didn't come until October of 2022, I wrote, "Remember too that it's important to take care of yourself, your family, and each other." One of the reasons I'm stepping away is to take care of myself. I lost my beloved Mother last year. Like many of you, I've put my heart and soul into such an intense effort during this season. I need a season of rest. Thank you for your understanding.

On behalf of the Director's Office and all HCA Divisions, I say "Thank you" to all of our staff in Public Health Services (PHS) as we celebrate National Public Health Week (NPHW). The theme this year, "Centering and Celebrating Cultures in Health," reflects the diversity of our HCA team, and reflects the diversity of all we serve within Orange County. Our PHS staff has worked hard to put together a remembrance of the past year along with messages that share the great work done within Public Health. There's also a cookbook of favorite recipes provided by PHS staff. I am extremely proud of the work done by everyone within the HCA, and especially of our PHS team. Public Health Services has been at the forefront through the pandemic and other challenges we've faced. I know the future is bright as we work together to develop ways of better serving our community. Find more on PHS Week on [page 4](#).

As for the future of PHS, as you know by now, **Dr. Regina Chinsio-Kwong, (Dr. CK)**, has taken on the role of Chief of Public Health Services. I cannot say enough good things about Dr. CK and her performance since she joined the HCA. Honestly I cannot say enough good things about the entire PHS team. I have no doubt that Dr. CK, the Deputy Chiefs, our Deputy Health Officers, our frontline Doctors and support staff, and all who serve in the many Public Health programs, will continue to raise the bar for compassion, collaboration,

service and equity in our community. Our Public Health Services team truly is one of the best anywhere!

I would also like to say "Thank you" to every Doctor in the HCA. Our country recognizes Doctors Day in honor of all doctors who work to improve lives. To our Physicians, your dedication and contributions to the HCA and people we serve, are not always recognized publicly, which is one reason it's important we take time to publicly say, "Thank you." You are an inspiration to those you serve and serve with. Our county is better off because of you and your dedication. I also know that you would be quick to say "Thank you" to your staff and teams who support all our work. I join you in saying we are grateful to all our teams who are valued and important in all the work the HCA does.

April includes many health and cultural events including:

[National Minority Health Month](#)

[National Occupational Month](#)

[STI Awareness Week](#) – April 9-15

[Earth Day](#) – April 22

[Lab Week](#) – April 23-29

[National Infant Immunization Week](#) – April 24-30

[Diversity Month](#)

[Arab American Heritage Month](#)

[Passover](#) – April 5-13

[Resurrection/Easter Sunday](#) – April 9

Stay Well,



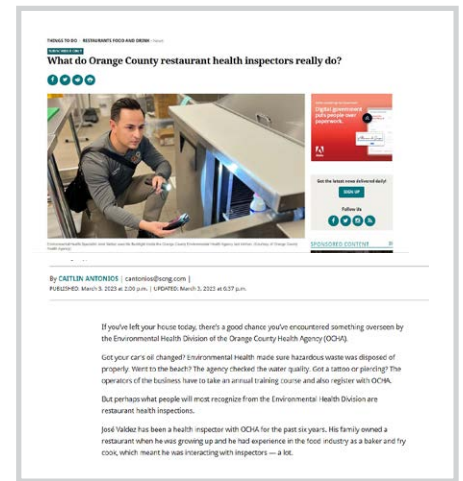
A handwritten signature in white ink that reads "Clayton Chau MD". The signature is stylized and fluid, with the "MD" written in a larger, more prominent font at the end.

**Dr. Clayton Chau**  
MD, PhD, MASL  
HCA Director

professionally and taking on leadership roles. I'm proud to know that my colleagues and business partners see me as a resource and are comfortable approaching me. I enjoy working with my colleagues who collectively make Environmental Health a great place to work at."

When he's not at work José can be found pumping iron or a gas pedal. "I'm passionate about fitness, the outdoors, travel and cars. I'm happiest either behind the wheel of my convertible -- driving through a windy back road, or on top of a mountain taking in the views."

The Environmental Health Division's restaurant inspections were recently featured in a news article that followed José. You can read the article [here](#).



# GIVE HOPE THIS SPRING.

Give blood.



## Orange County Health Care Agency Employee Health Services Red Cross Blood Drive

601 N. Ross Street, Santa Ana, CA 92705  
CAS Multi-Purpose Room  
Tuesday, April 11, 2023  
9:00 a.m. to 3:00 p.m.

Please visit [RedCrossBlood.org](https://RedCrossBlood.org) and enter Sponsor Code: OC1 to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](https://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.

Please obtain approval from your supervisor prior to registering. Donating blood must be done during break times or posting leave balances; mileage is not reimbursable. For any questions, please contact [Rosie Mendoza at RMendoza@ochca.com](mailto:Rosie.Mendoza@ochca.com)

*Be cool. Give blood. Come give 4/1-23 for a special Red Cross and PEANUTS Joe Cool T-shirt, ltd qty! [2023-APL-0022](#)*

1-800-RED CROSS | 1-800-733-2767 | [RedCrossBlood.org](https://RedCrossBlood.org) | Download the Blood Donor App

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# Celebrating National **PUBLIC HEALTH+H** week 2023

"Thank you" to everyone in Public Health Services (PHS) for all you have done, and continue to do, in your commitment to excellence and service. As we celebrate National Public Health Week (NPHW) April 3-9, the PHS leadership, **Anza Vang, LaRisha Baker, April Orozco, Dr. Obinna Oleribe**, and I want you to know how grateful we are for you, your professionalism, and your dedication to the Orange County (OC) community we serve through the OC Health Care Agency (HCA). It truly is an honor to work alongside each of you as we make our communities healthier, safer and stronger.

This year's NPHW theme is "Centering and Celebrating Cultures in Health." Each day during the first week in April we celebrate different facets of PHS and what we do. Those include our Health Promotion team, Communicable Disease Control Division, our Clinics and Clinical Services, Environmental Health, Public Health Laboratory, Strategy and Development and Community and Nursing Services Division. Within our unique

teams are groups of diverse individuals who bring their best every day to serve our multi-cultural populations. We really do "Center and Celebrate Cultures in Health."

To everyone in the HCA, our PHS colleagues put together a cookbook of favorite recipes. In addition, PHS staff, representing the many Divisions, share their thoughts on the important work being done. You can find their thoughts and more from the PHS team on the HCA Intranet [here](#) throughout NPHW.

Thank you again to our Public Health Services team for your dedication and commitment to your work, our team and our wonderful community.

Sincerely,



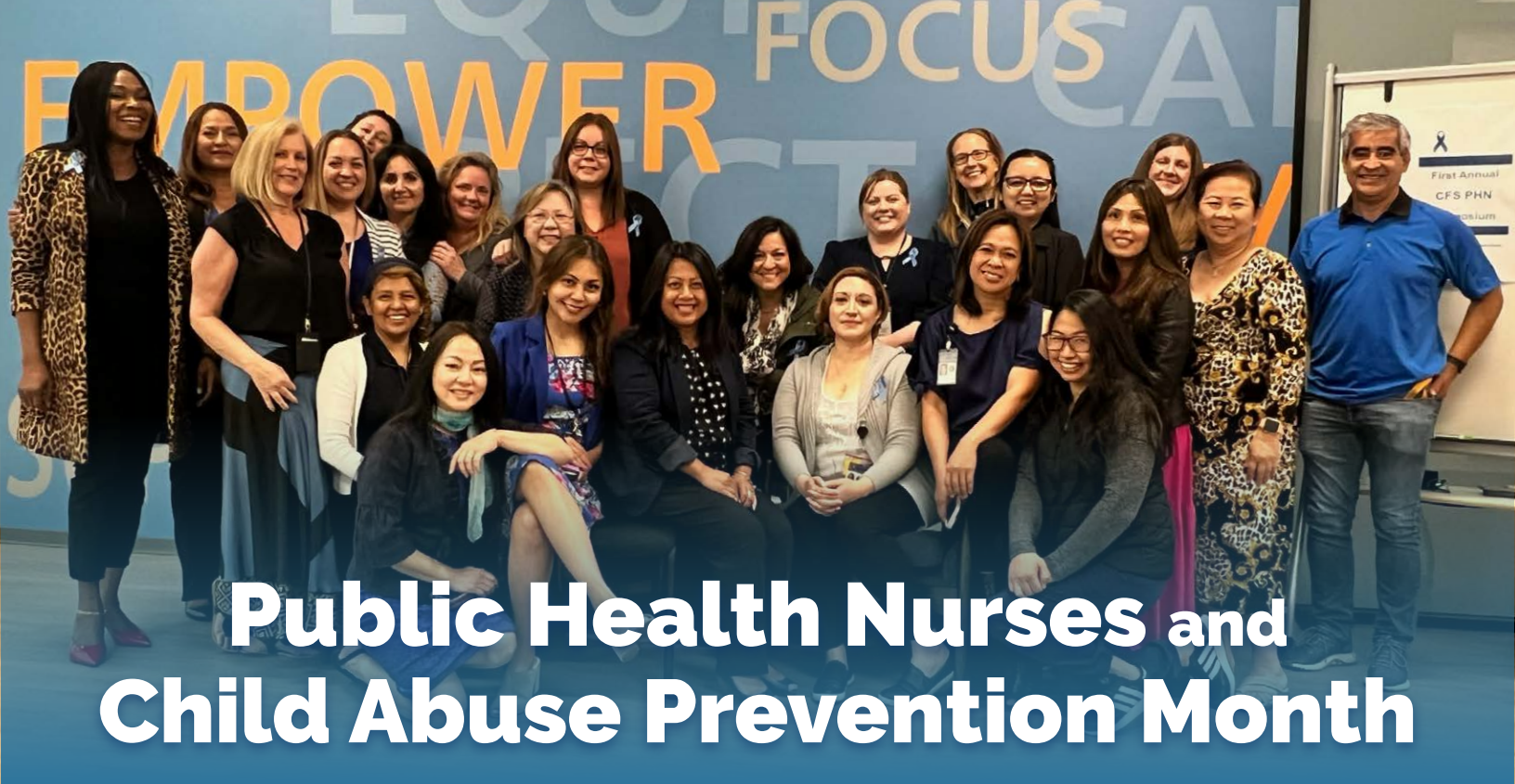
**Regina Chinsio-Kwong, DO**  
County Health Officer  
Chief Medical Officer  
Chief of Public Health Services



To: The Public Health Services Teams  
From: Anza Vang, LaRisha Baker, April Orozco and  
Dr. Obinna Oleribe  
PHS Deputy Chiefs of Operations

"We are extremely proud to lead a talented and dedicated staff who excel in service to our community. Our Division leaders, Deputy Health officers, Medical Doctors, field teams, Laboratory personnel, Environmental pros and support staff are amazing and very dedicated. It has been rewarding to work with professionals who truly care about their colleagues and community. We have found everyone to be welcoming, engaging, and committed to providing exceptional service. Our teams can be proud of our response to COVID-19, Mpox as well as the day-to-day responsibilities we are tasked to carry out. We believe our success is due in part to the collaboration we share which results in a team effort that is time-saving, resourceful and carries out the Agency's Mission to "protect and promote the health and safety of individuals in Orange County." Thank you for all you do!"





# Public Health Nurses and Child Abuse Prevention Month

Contributors: **Liza Navarro**, Supervising Public Health Nurse; **Cathy Martinez**, Administrative Manager II

April is Child Abuse Prevention Month which recognizes the importance of communities working together to help families thrive and prevent child maltreatment. OC Health Care Agency (HCA) Public Health Nurses are an important part of that work year-round. Public Health Nursing Programs work directly with the County of Orange Social Services Child Welfare (Children and Family Services) and provide services to a unique, diverse, vulnerable, and complex population.

“The nurses and support staff working in child welfare are extraordinary professionals,” said **Liza Navarro**, Supervising Public Health Nurse on behalf of the leadership team. “Often under very challenging circumstances, they work hard to protect children from abuse and neglect, strengthen families, and positively influence the trajectory of a child’s health and well-being. Through exemplary teamwork, their efforts lead to early intervention to prevent or mitigate child maltreatment and ensure that children are placed in safe and stable homes,” she said.

HCA Public Health Nurses help families thrive through the following programs:

- Emergency Response, and Child Abuse Registry (CAR/ER)
  - Public Health Nurses respond in the field to partner with and support social workers with suspected child abuse and neglect investigations.
- Health Care Program for Children in Foster Care (HCPFC)
  - Public Health Nurses and staff provide coordination of care, home visitation, education to meet the unique health care needs of children experiencing child welfare.
- Early Childhood System of Care (ECSOC)
  - Public Health nurses provide case management services focusing on the developmental needs of children ages 0-5 who are involved with child welfare system.



The HCA is proud of our Public Health Nurses who are part of the work being done in Orange County. Learn more about the HCPCFC [here](#). The most important thing we can do to help children thrive is to support families before they reach a crisis. Learn more during Child Abuse Prevention Month [here](#).

*"I think most of us do this job to make the world a little better in some small way. The children and families we serve have endured all types of trauma and if we can come alongside of them and make their life a little easier, in any way possible then that is a win. It's easy to be overwhelmed by all of the harsh things we see day to day in our jobs. But if we can focus on the child and celebrate all the small victories it keeps our fire burning so we can continue to serve."*

– **Nicole Torres**,  
OC Health Care Agency  
Public Health Nurse



## USING TUITION REIMBURSEMENT BENEFITS

Thinking about advancing your education? The County of Orange Educational and Professional Reimbursement Program (EPRP) might help. **Nisha Pagán**, Physical Therapist III, California Children's Services, is using the EPRP to earn a Master's in Business Administration (MBA) through the University of California-Irvine (UCI) Executive MBA Program. "The EPRP is a form of support and encouragement that opens opportunities and allows employees to grow to their fullest potential without too much financial stress," said Nisha. "Although I wanted to pursue an MBA prior to coming to the OC Health Care Agency (HCA), the financial burden would have felt stressful. The EPRP is a form of support that I feel grateful for. With it, I feel like the HCA is investing in me to grow personally and professionally."

Nisha said she will complete her MBA this June and be reimbursed more than \$5,000 through the program. Previously she used the EPRP to participate in UCI's Certificate in Leadership for Healthcare Management as well as the Certificate in Women's Leadership. "The EPRP has allowed me to refresh and further advance my skills to increase engagement, comfort, connection and trust with my clients. The EPRP also is helping me learn about my strengths and abilities that I would like to use as I grow in my career and further make the HCA my professional home," said Nisha.

The EPRP is a unique part of the benefit package offered by the County of Orange. "It is in your best interest as well as your team and/or clients to use the EPRP. It is an investment in yourself, future and current employment," Nisha said. "I think when you invest in your education, the return in investment is tremendous---even more so when you are getting the financial support from your employer."

You can learn more on the EPRP on the HCA Intranet [here](#).



# Recognizing and Celebrating Social Workers



OC Health Care Agency (HCA) social workers along with colleagues from the County of Orange (County) Social Services Agency were recognized by the Board of Supervisors with a Resolution for Social Work Month in March. The Resolution “commends social workers at the County of Orange for their contribution to bettering and brightening the lives of our residents in need.”

Representing HCA social workers were **Jannet Campos**, **Kelley Kennedy** and **Robert Brassaw** from Mental Health and Recovery Services along with **Era Ko** and **Michelle Edwards** from Correctional Health Services. HCA Director **Dr. Clayton Chau** spoke during the presentation and described social workers as, “Change agents who provide stability and recovery for the people we serve and social workers are dedicated to building up their clients, which builds up our community.”

You can see the presentation on the Board of Supervisors Media Archive website [here](#).

HCA Communications invited social workers at the Board presentation to share their thoughts about the work they do for the County. Here are the responses provided.

**Jannet Campos**, Behavioral Health Clinician has been with the HCA for 18 months. “I have learned a lot being with the HCA. The program of Older Adult Services has been a great team to be a part of. Everyone has been very welcoming and they all have provided great insights and made me feel so at ease.”

**Q:** What do you like about your work at the HCA?

**A:** “I have enjoyed getting to meet new people in the community. Being able to provide therapy, case management and help when people are in need has been something I have enjoyed about this role.”

**Q:** Why did you decide to go into social work?

**A:** “After spending several years in a Human



Resources role, I decided I wanted to change my career path. I wanted a career where I could provide opportunity to grow."

**Q:** What's the greatest reward/experience you've had with the County/HCA in your role?

**A:** "Being able to provide services to people in the community and assist them has been a great experience. My greatest reward has been to create the smallest change in an individual and bring them hope."

**Q:** What advice would you give anyone thinking about going into social work?

**A:** "If you want a career where you can create change, feel rewarded and support your community then take the challenge and become a Social Worker."

**Robert Brassaw**, Behavioral Health Clinician II has been with the County for 6 years. "Being a social worker with Adult Mental Health Services is a unique opportunity to serve on the front lines of mental health treatment. It is a chance to meet the needs of a rather underserved population and provide care while maintaining and strengthening the dignity and self-worth of our clients."

**Q:** What do you like about your work at the HCA?

**A:** "I like knowing that what I do matters. Having a job that doesn't just fill my pocket but fills my soul as well means everything."

**Q:** Why did you decide to go into social work?

**A:** "I watched my grandfather be mistreated by the system of care that he was in. My being in this field is about standing in the gap and providing care to those who cannot access it for themselves and/or for those who would likely go unseen by most and fall through the cracks if it were not for programs like ours. In essence

I don't just want to make a difference I want to be the difference."

**Q:** What's the greatest reward/experience you've had with the County/HCA in your role?

**A:** "For myself, the greatest reward is when I get to see a client recover and regain that which they had lost as result of their mental illness. That is worth more to me than all of the money in the world. In this role we are actively a part of clients changing their lives and that is so powerful."

**Q:** What advice would you give anyone thinking about going into social work?

**A:** "If you are considering becoming a social worker you likely are drawn to it for a reason. I encourage all who feel led to serve others to give it a shot. It will change your life and the lives of those around you for the best."



OC Health Care Agency Social Workers. (L-to-R): **Robert Brassaw**, **Michelle Edwards**, **Era Ko**, **Jannet Campos** and **Kelley Kennedy**.



# Personal and Professional Growth

## Congratulations TO PUBLIC HEALTH LABORATORY ASSISTANT DIRECTOR

As if being Assistant Laboratory Director of the OC Public Health Laboratory (OCPHL) wasn't enough already, then serving during the COVID-19 pandemic, not to mention the day-to-day work of the OCPHL, **Lydia Mikhail** was also advancing her education. She completed her Doctorate in Public Health (DrPH) and then tested and passed the American Board of Bioanalysis (ABB) High-complexity exam. The DrPH and ABB results were needed for Lydia to receive certification to become a Lab Director. "I love public health and I love public health lab work," said Lydia. "I did this because of my passion towards this field and I knew that everything I learned I would apply to my job to make it better in every which way." Her work paid off as Lydia promoted from Lab Manager to Assistant Lab Director. "The transition from Lab Manager to Assistant Lab Director means my role will move from an administrative role to one that is more technical and regulatory focused," said Lydia.

Dr. Lydia Mikhail completed her education and certification through the LabAspire Laboratory Director Fellowship Program which is aimed at developing core leadership and administrative skills for selected candidates to qualify to become California Public Health Lab Directors. "My DrPH project was based on an outbreak of *Candida auris* infections associated with

## Lydia Mikhail

multiple long-term health care settings and hospitals in Orange County (OC), California. Early in the OC outbreak I went with an Epidemiology team that was sent to assist with outbreak management. I got an opportunity to visit a Long-Term Acute Care Hospital with that team which

further piqued my interest in finding ways to rapidly identify this organism to aid in controlling its spread. My project was fully supported by my Laboratory Director **Dr. Megan Crumpler** and our Communicable Disease Control Division Medical Director **Dr. Matthew Zahn** and I'm grateful to them."



Lydia started with the OC Health Care Agency as an Extra Help Lab Assistant. Over her 31-year career she's earned a Master of Business Administration/Health Care Management in 2002, and a Master in Ethical Leadership (MEL) in 2017. "It is not easy to

work full time and obtain further education or degrees. It requires discipline, perseverance and good time management," said Lydia. "You have to learn to have good balance between your work responsibilities, family life and school requirements. My advice is that education should have an end goal in sight. It might not necessarily lead to a job advancement, but it is the right step to take to further knowledge, personal and professional growth and betterment of your work environment. So, when choosing what to study, do your research and follow your passion."





#### HOSTED BY



The OC Health Care Agency's (HCA) talk show *YOUR HEALTH MATTERS OC* live-streamed on location during our most recent show. Host **Dr. Clayton Chau** and co-host **Dr. Regina Chinsio-Kwong**, were joined by An Tran, Social Services Agency Director; Lambert Lo, The Dwelling Place; Claudia Keller, Second Harvest Food Bank; and Joe Perez, City of Anaheim; for an in-depth discussion on collaborative and creative solutions to food insecurity. The show originated from [The Dwelling Place](#) in Anaheim which houses the Compassion Food Pantry. You can watch the episode [here](#).

Our next episode on Tuesday, April 18 at 6 p.m., goes in-depth on Hepatitis. You can watch the program and all previous episodes of *YOUR HEALTH MATTERS OC* on the HCA's YouTube page at: <https://www.youtube.com/c/OrangeCountyHealthCareAgency> or on the HCA Facebook page at: <https://www.facebook.com/ochcahealthinfo>.

Viewers are invited to submit questions on the show's topics before and during each show at [yourhealthmatters@ochca.com](mailto:yourhealthmatters@ochca.com).

*YOUR HEALTH MATTERS OC* features experts from the HCA, and the community, who discuss a variety of topics that affect us all. Previous episodes include discussions on

the opioid crisis and using naloxone, suicide prevention awareness, nursing, colorectal cancer, sexually transmitted disease awareness, and much more. \*Topics subject to change.

# Staff in Office of Population Health & Equity Going Online for Certification Program

Contributor: **Wesley Shain**, Equity Strategist

In support of the OC Health Care Agency's (HCA) [2021-2023 Strategic Plan](#) to operationalize health equity and population, staff in the Office of Population Health and Equity (OPHE) will collectively embark on a Diversity, Equity and Inclusion (DEI) online certificate program with the University of Cambridge- Judge Business School for Executive Education.

"Diversity, Equity and Inclusion efforts within the HCA make business sense and are responsive to our diverse workforce," said **Hieu Nguyen**, Director of the OPHE. "The OPHE team hopes to gain additional skills and tools to support the HCA and our workforce in implementing evidence-based DEI interventions."

The [OPHE team](#) is robust, talented, and skilled in its scope of work. The team's advancement to develop strategic know-how on DEI is on track with the HCA's goals to promote quality, equity and value, to ensure the HCA's sustainability, and to offer relevant services to the community. The certification effort also recognizes the importance of professional and educational development regarding the scope of work around DEI and will strategically allow this opportunity to build capacity and enhance the current team's knowledge, skills, and talents by increasing technical capabilities towards population health and equity. By the end of the program, the OPHE team will be able to add additional value by:

- Demonstrating business care for diversity
- Recognizing individual and organizational factors that lead to discrimination
- Develop a plan for diversifying the HCA
- Identify ways to implement, design, and develop a plan for diversity
- Construct a communication strategy for DEI initiatives

These tools are the same resources guiding the equity improvement teams and projects within the [Equity in OC](#) (EiOC) Initiative, supporting phase II of the action and learning community. This promotes the HCA's goals around creating a workplace culture that fosters collaboration by investing in workplace development which is critical to supporting management by aligning goals across the HCA.



The OPHE has accomplished significant objectives by enhancing private and public partnerships within the EiOC Initiative, which continues to increase community support and investment by promoting data that demonstrate value with their published Population Overviews.





# ROUNDTABLES: SUPERVISOR TIPS AND RESOURCES

The OC Health Care Agency (HCA) Human Resources team has just concluded our first quarter of virtual Roundtable discussions covering various personnel topics. We had some great discussions with Managers and Supervisors on topics and issues related to their roles and responsibilities as HCA Leadership. We are pleased to announce next quarter's offerings.

Discussions will be facilitated live, via Microsoft Teams and the format will include a 30-minute presentation followed by a 15-minute interactive Question & Answer session. Applicable resources, links, and sample documents will be provided to participants. Due to the desire

to make this an interactive meeting, the meetings will be limited to 25 participants each session.

To sign-up, please contact Janet Najera at [jnajera@ochca.com](mailto:jnajera@ochca.com) and specify which session(s) you would like to be enrolled in; please note each session is a stand-alone meeting. You will receive a confirmation email with a Teams calendar invite.

Future discussion opportunities will be announced on a quarterly basis, with a focus on questions and topics that are frequently received by our team. We look forward to continuing our partnership with all of you!

## APRIL – JUNE 2023 Virtual Roundtable Opportunities:

### Supervisor Expectations –

#### The Selection Interview Process

Wednesdays, 4/12 & 4/26

10:00 a.m. and 2:00 p.m.

### Supervisor Expectations –

#### Non-disciplinary Performance Tools

Wednesdays, 5/10 & 5/24

10:00 a.m. and 2:00 p.m.

### Supervisor Expectations –

#### Navigating the Employee Leave of Absence Process

Wednesdays, 6/7 & 6/21

10:00 a.m. and 2:00 p.m.



# SERVICE AWARDS

## 2023 First Quarter Employee Service Awards

(January 1 – March 31 Hire Dates)

Congratulations to the following staff for their years of service to the  
OC Health Care Agency and the County of Orange!

### 40 YEARS

Martha Garcia

### 30 YEARS

Kathleen Clodfelter  
Heriberto Garcia  
Douglas Schan  
Gloria Trejo

### 25 YEARS

John Crump  
Karyn Doan  
Bernice Dunlap  
Nga Emmerson  
Jose Gonzalez, Jr.  
Katherine Knox  
Martha Meza  
Ha Nguyen  
Cheryl Pitts  
Natalie Silva  
Valerie Soppet

### 20 YEARS

Sholeh Askari  
Araceli Cueva  
Luis Gonzalez  
Alicia Hughes  
Andrew Inglis  
Diane Kurosaki  
Lissa Sandoval  
Nellie Vasquez

### 15 YEARS

Glenda Aguilar  
Karla Campos  
Abigail Constantino  
Oleg Gladnikov  
Elisa Hernandez  
April Jannise  
Julia Jarrin  
Lihong Lai  
James Lanthripe  
Maria Linares  
Raul Loera  
Michele Luka  
Nicole Madonia  
Nelly Magallanes  
Maribel Martinez  
Suzanne Medina  
Fernanda Morton  
Bao-Chau Nguyen  
Nikki Nguyen  
Mario Pedroza  
Jessie Peralta  
Kelly Sabet  
David Sanchez  
Fabiola Schechtman  
Darren Tan  
Lucilia Tarabay  
Julie Wozencraft  
Vuthy Yam

### 10 YEARS

Lara Adourian  
Eleana Arrizon  
Diana Cuevas  
Domingo Fernandez

Jason Garcia  
Jessica Guillen  
Lien Hoang  
Joanna Huang  
Rocio Mata  
Michael Nostrome  
Breana Rojo  
Tammy Waitman  
Viviana Zambrano

### 5 YEARS

Juan Banda  
Jessica Barron  
Janinne Boutte  
Danielle Busk  
Monica Cabral  
Alexis Castaneda  
Amy Couch  
Sara Fekrati  
Monica Gallegos  
Gina Hernandez  
Golnoush Hooshvar  
Helen Huerta Guzman  
Nina Im  
Jesse Jimenez-Lopez  
Nhue Luong  
Lusmila Navarro  
Justin Newton  
Kristen Penate  
Carissa Rocha  
Erin Sagubo  
Denise Sanchez  
Miriam Son  
Rochelle Sorvillo  
Harry Tam  
Gloria Zapata



**ZEST**

# For Health

## Food Waste

Buying too much food that it spoils or throwing away leftovers are some ways we contribute to food waste. In the US up to 40% of food is wasted. If you have some food at home that is about to go waste, try some of these [recipes](#) and see if they work for you! There are ways you can help stop food waste. Follow these easy 3 steps ([plan, prepare, and store](#)) to prevent food waste at home:

**Plan:** Look at your refrigerator, freezer and pantry; and make a list each week of what needs to be used and plan meals using those items. Make a shopping list depending on how many actual meals you'll have at home.

**Prepare:** Try using parts of the food that you might not normally eat, but that are safe and healthy to eat. For example, using vegetable scraps for soup stock. [Or regrow your food scraps!](#)

**Store:** Ever thought about freezing your bread? Freeze it, if you know you will not be using it for some time. Having problems with moldy grapes or berries? Wash them until you are ready to use.

For more information, visit [here](#).

## Chicken Stock

Makes: 3 quarts

### Ingredients

- 4 lbs chicken bones (such as necks, backs, wings and feet)
- Salt
- 1 carrot (optional)
- 1 celery stalk (optional)
- 1 garlic clove, unpeeled (optional)
- ½ onion, ½ cup leek greens, or 1 shallot (optional)

### Directions

1. Place the bones in a large stockpot, add a pinch of salt, and cover with about 2 inches of water (about 1 gallon).
2. Place over medium heat and bring to a simmer, being careful not to boil. Lower the heat and gently simmer for 2-6 hours, adding vegetables (if using) in the last 2 hours of simmering.
3. Strain the stock into a heatproof bowl and discard the bones.
4. Allow to cool at room temperature, then refrigerate until completely cooled and the fat has solidified on top of the stock. Remove the solidified cap of fat.

If stored in a refrigerator this can keep for 5 days or if it's frozen it can keep for up to 6 months.

# VISION

Quality health for all.



# MISSION

In partnership with the community, deliver sustainable and responsive services that promote population health and equity.

# GOALS

Promote quality, equity, and value.  
Ensure the HCA's sustainability.  
Offer relevant services to the community.



## CONNECT WITH US

The **What's Up newsletter** is created and distributed monthly by HCA Communications. We welcome your ideas, input and/or insight into HCA people and programs. To contribute, comment or connect please email us at [hcacomm@ochca.com](mailto:hcacomm@ochca.com) or call (714) 834-2178. You can follow us on social media by clicking below.



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